

# Power of Relaxation and the Negligee.

BY KATHERINE MORTON.



Said a famous beauty specialist in a moment of unusual frankness: "These women almost drive me crazy with their unreasonable demands. All but one day in the week they dress as they like, eat as they please, walk and sit as they choose, and then on the seventh they come here and demand that I undo the mischief of their own making. It is what a woman does in her own home, in her moments of relaxation and privacy, that accomplishes most in making her a beauty or a tramp, not the process of grooming she undergoes here in my parlor." One of the most brilliant comedienne on the American stage has lost her good figure, not through age, for she is still young, nor through drinking, for she is singularly abstemious, nor through gluttony, because she eats lightly, but simply through her utter laziness and indifference to her appearance in her own home. She takes no exercise, but lies around from the time she returns from the theatre until it is time to go back to the playhouse, without corsets, in the loosest of kimono, slippers down at the heel, hair unbrushed, and a novel in her hand. She is an inveterate reader and well posted on current events and literature, but she will not dress up when she is at home. She says it is her right to rest as she pleases, and no doubt it is, but there will come a day when her pride will be aroused and she will regret her indifference. Already she and her maid have nightly struggles to get the opulent figure into the corsets. Not long ago a man secured a divorce from his wife on the score of incompatibility. The real reason was that she did not clean her teeth or her finger nails in the morning, and never dressed up at home. Anything was good enough for her family, yet she had plenty of pretty frocks, dinner gowns, wraps, hats, etc. Millions for her appearance on the street, not one cent for dainty negligees.

These anecdotes are merely an introduction to the statement that the American woman, as a rule, does not relax properly in her own home, nor does she know how to dress in an attractive manner for the benefit of her own family. Nothing commands the respect of husband and sons, of brothers and cousins, like a well-groomed appearance in the morning, and this depends largely on the selection of house gowns and negligees. Do not lie in bed until the last moment, your ear strained to catch the milkman's whistle or the cuckoo's call. The period of rest is really a strain. When you can no longer relax and rest with a clear conscience, get up and dress in leisurely fashion. Do not turn discarded street skirts and soiled afternoon waists into breakfast apparel. An inexpensive, snug-fitting wrapper or dress of material suited to housework is a good investment. Particularly women who do their own housework use a uniform similar to that worn by trained nurses, in striped gingham, chambray or calico, the skirt and waist made in one band, so that there will be no parting at the waist, neither will the skirt drag upon your feet. Have comfortable slippers with moderately high, not French, heels, and do not wear the same slippers in winter that you do in summer. If your floors are cold, use a cloth-lined slipper, or even one lined or edged with fur. A neat stock, rather than a soiled ribbon or a bit of frayed lace, will complete the general air of tidiness. These stocks, made like a man's, to cross in the back and turn over once in the front, can be made from bits of madras, pique or fine cambric and should never be starched. If you can snatch a second to tuck a knot of black velvet ribbon in your carefully brushed hair your husband will carry away with him a most pleasing picture. The wife of to-day must always figure on one factor in her husband's life—the trim, well-groomed, tidily-dressed business girl who works at the counter or desk next to her husband's. Think of her when you are tempted to don a cotton crepe kimono, fit only for the rag bag or to knot your hair without combing and brushing it for your appearance opposite your husband at the breakfast table.

The woman who does her own work and is persuaded to buy a real, true French negligee in soft China silk, Valenciennes lace and ribbons, must bear in mind that this dainty piece of frippery (and what woman does not yearn for them?) must be kept for its own particular purpose, relaxation in her own room, or as a protection to the shoulders while dressing the hair and performing other mysteries of the toilet. It is not intended to be worn

while doing heavy work, as it soon becomes stringy and soiled. Neither is it warm enough to wear when passing through rooms of various temperatures, and particularly if cut low at the throat it invites pneumonia and other pulmonary diseases. The line between housework frocks and negligees should be drawn clearly. The negligee with its fluffy sleeves and cascades of lace has no place in the kitchen. It is neither cleanly nor safe, and many a badly burned hand or arm, or singed eyelashes can be traced to the loose, flowing sleeves of a negligee worn while working over a gas stove.

The negligee plays a very important part, however, in the art of relaxation. When the heavy part of your day's work is done, and you feel that you can spare an hour for that very precious cause, the upbuilding of your strength and health, lay aside your houseworking dress, take a tepid sponge if you have time, put on loose underwear and a negligee hung entirely from the shoulders and relax. Relax completely. Do not plan on making over your nun's veil for little Susie; do not try to catch up on your reading for the woman's club; do not wonder whether the delivery man from the bakery will bring the eclairs on time. Think only of rest. Be utterly selfish with your muscles, your nerves and your brain.

Lie flat on a couch and if your feet are raised on a pillow all the better. This position is eminently restful to organs which have been strained by your strenuous morning at work. Devitalize. Raise the fingers of your right hand with those of the left and let them drop limply. Reverse the movement until the fingers are limp and lifeless. Next devitalize the wrists, then the elbow and the shoulder blades, the toes, the ankles, the knees, and so on until your body seems to be the motionless doll that has lost a fair proportion of its sawdust filling. If some one in the family has time to assist you, she can start by massaging the face and neck lightly or by holding the hair and then lift the fingers, toes, etc. This method is practiced at a college famous for turning out healthy as well as gifted girls, and is in charge of the physical culture department. If you are weak and exhausted, drink a cup of hot milk before relaxing. If you have been doing mental work instead of physical, try a few light exercises before relaxing, notably swaying or bending at the waist line, but relax for at least half an hour every afternoon. Do not imagine that any tonic or stimulant will take the place of this needed rest. Your heart does its marvelous work because it has an infinitesimal rest between throbs. The girl employed down town during the day should relax before retiring at night. She owes herself a pretty house gown, and if she changes from her office gown and corsets to an empire corset and a corresponding house dress she will be more than repaid for the time it takes. Instead of crawling into bed, thoroughly exhausted, she will find herself interested in a book, or what other members of the family may be

## SORES-ULCERS THE BLOOD DISEASED -SYSTEM DISORDERED

When a Sore or Ulcer is slow in healing it is the best evidence of a diseased condition of the blood and a disordered system. They show that the bodily impurities, which should pass off through the natural channels of nature, are being retained in the system from some cause. The blood absorbing the waste matters becomes steeped in poison which finds an outlet through the Sore or Ulcer, keeping it inflamed, painful and festering. As the blood constantly discharges its poison into these places, they eat deeper into the surrounding flesh and tissues, growing larger and more offensive in spite of all the sufferer can do, until the entire health is affected. Washes, salves, powders and such treatment are desirable for the reason that they are cleansing and also help to relieve the pain, but they are in no way curative. The blood is filled with poison, and until it is removed the sore cannot heal. S. S. S. is the only cure for these evidences of impure blood. It goes down to the root of the trouble and cleanses the circulation of all poisons and impurities. S. S. S. enriches the blood and reinvigorates the different members of the body so that the impurities and waste matters can pass off as nature intended. Then the discharge ceases, the sore scabs over, new flesh is formed, and the place heals permanently. Book on Sores and Ulcers and any medical advice you need without charge.

### S.S.S.

PURELY VEGETABLE.

THE SWIFT SPECIFIC CO., ATLANTA, GA.

### The Boudoir Negligee Has No Place in Housework.

doing, and retire an hour or so later with her business cares thrown aside and her mind in a restful pose.

(Copyright, 1903, by T. C. McClure.)

#### THE SON OF HIS FATHER.

"If the report is true that Harry B. Irving is soon to come to America, I hope it will be to play some of the characters in which his father was renowned," said Ben Greet, the disciple of Shakespeare untrammelled by the scene painter. "Harry Irving is the legitimate successor of his father, and that he richly deserves his priceless heritage is, I think, sufficiently indicated by the ovation which he received as Hamlet last spring in London, especially when one realizes that his work in that role had to stand comparison with Forbes Robertson's beautiful Hamlet."

I have not words strong enough to praise your great medicine. I had a sore on my left temple for years. It would itch, burn and bleed, and I could not get it to heal. After taking S. S. S. while it began to discharge, and when the poisonous matter was out it healed. This was about ten years ago and I have never seen any sign of it since. Gant, Mo.

Remember, all these are not merely Discomforts, but indications of a serious Cause. Nip them in the bud—eat a Candy Cascaret. Cascarets don't purge, nor punish the stomach like "Bile-driving" "Physics."

They act like Exercise on the Bowels—Muscles that propel Food, and that squeeze the natural Digestive Juices of the body into Food.

Cascarets ward off, or cure, the following diseases:

Constipation Bad Breath  
Biliousness Diabetes

## A Friend in Need—

THAT thin, little, 10-cent Box of Cascarets.

When carried constantly in your Vest Pocket, or in "my Lady's" Purse it will ward off ninety per cent of Life's ordinary ills.

Eat one of the six candy tablets contained in that "Vest Pocket Box" whenever you suspect you need one.

It can't hurt you, and is sure Insurance against serious sickness.

Want of Exercise, Indoor Employment, weaken the Bowel Muscles, just as they weaken Arm and Leg Muscles.

The Muscles lose tone, tension, strength, to force the food onward.

And the longer they stay in that state the weaker they become, because the less exercise they get through the slow passage of food.

Cascarets contain the only combination of drugs that acts on the Muscles of the Bowels and Intestines, just as Cold Water, or Exercise, act on a Lazy man.

They act like Exercise.

When you have Heartburn, Colic, Coated Tongue, Suspected Breath, Acid-rising-in-throat, Gas-belching, or an Incipient Cold, take a Cascaret.

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They act like Exercise on the Bowels—Muscles that propel Food, and that squeeze the natural Digestive Juices of the body into Food.

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Constipation Bad Breath  
Biliousness Diabetes

Indigestion Headache  
Dyspepsia Diarrhea  
Torpid Liver Flatulence  
Appendicitis Hives  
Rheumatism Jaundice  
Catarrh Nausea  
Colic Vertigo  
Scrofula Pimples  
Womanly Troubles  
Worms Blotches  
Piles Eczema  
Ulcers Dysentery

In such cases a little Cascaret in time is worth fifty dollars worth of Treatment later on, to say nothing of the suffering, discomfort, loss of Business Energy, and loss of Social Sunshine it saves.

A coming Headache can be warded off in short order, by a single Cascaret, and the cause removed.

Heartburn, Gas-belching, Acid-risings in the throat, and Colicky feeling are sure signs of bowel trouble from food poisons, and should be dealt with promptly.

One Cascaret will stop the coming trouble, and move on the Bowel load, if taken at the first signs.

Don't fail to carry the Vest Pocket Box of Cascarets with you constantly.

All Druggists sell them—over ten million boxes a year.

Be very careful to get the genuine, made only by the Sterling Remedy Company and never sold in bulk. Every tablet stamped "CCC."

FREE TO OUR FRIENDS!

We want to send to our friends a beautiful French-designed, GOLD-PLATED BONDON BOX, hard-enamelled in colors. It is a beauty for the dressing table. Ten cents in stamps is asked as a measure of good faith and to cover cost of Cascarets, with which this dainty trinket is loaded.

Send to-day, mentioning this paper, Address Sterling Remedy Company, Chicago or New York.

## KING OF ALL BREAD!

THIS LABEL ON EVERY LOAF.

WE SHIP THROUGHOUT

ROYAL  
BREAD

AT ALL GROCERS.

IDAHO, UTAH, WYOMING, NEVADA.

MADE IN A CLEAN BAKERY.

## WHY PAY MORE? WE CAN SAVE YOU MONEY

TEETH WITHOUT PLATES  
SPECIALTY

### UTAH DENTAL CO., 234 Main

The most Reliable Dentists in the City.  
Teeth extracted without pain by our scientific methods. Free With Other Work.

OUR SPECIAL REDUCED PRICES.

Set of teeth (best red rubber), \$5. Gold crowns, 22-k., \$3.50 to \$5.00. Bridge work, best, \$3.50 to \$5.00. Gold fillings, \$1 and up. Other fillings, 50c to 75c.  
12 Years' Protective Guarantee. Open till 6 p. m.; Sunday, 10 to 2.  
Phones, Ind., 2998; Bell, 1738-Y.  
EXAMINATION FREE. 234 Main St. DR. ZIMMERMAN, Mgr.

## Notice of Annual and Special Stockholders' Meeting.

### Utah Savings & Trust Co.

THE ANNUAL MEETING OF THE stockholders of the Utah Savings & Trust company, a corporation, will be held on Monday the 5th day of February, 1906, at 10 o'clock a. m., at the general place of business of said corporation, No. 160 South Main street, Salt Lake City, Utah, for the election of officers and the transaction of such other business as may come before said meeting.

At said time and place a special meeting of the stockholders of said corporation will be held for the purpose of considering the following amendments to the articles of incorporation:

1.—To amend section 2, article 1, to read as follows:

"2.—That the general nature of the business of said corporation shall be the making of abstracts of title to real estate and personal property, certifying and selling the same; the guaranteeing of owners of real estate mortgages, and owners interested in real estate and investing of money upon securities upon its own account, and as agent or trustee for other persons; the accepting and receiving of trusts pursuant to orders, judgments and decrees of courts of record; and by virtue of devolved bequests; the acceptance and execution of any and all trusts, acting as agent, attorney in fact, executor, administrator, trustee, assignee, receiver or guardian; the acquiring, holding, issuing and disposing of personal property; the acquiring, leasing, purchasing, owning, holding, using and improving, mortgaging, leasing, selling and conveying such real estate as may be necessary for the convenient transaction of its business, or for the collecting of its debts, or for the use and occupation of its officers, agents and employees. Said corporation shall also have the power to engage in a general banking business and to incidentally powers as shall be necessary to carry on the same; to act as assignee, agent, receiver, guardian of the estates of minors and incompetent persons, executor and administrator, and to execute trusts of every description not inconsistent with law, to become a security in any case where by law one or more sureties may be required for the faithful performance of any trust or duty action or engagement, to act as security for the faithful performance of any contract, to become a security for the faithful performance of duties of any public officer or of any official or employee of any corporation, firm or individual, and to become sole surety upon any writ of error or appeal, or upon any bond, or obligation, or in any action or proceeding, instituted in any court of the state of Utah, or in any court of the United States, and generally all such powers as are granted in chapter 6, title 11 of the revised statutes of Utah, 1896."

2.—To amend section 8, article 1, to read as follows:

"8.—That the capital stock of this corporation shall be two hundred and fifty thousand (\$250,000) dollars, divided into twenty-five hundred (2,500) shares of one hundred (\$100) dollars each."

3.—By striking out section 1, article 1.

Secretary Utah Savings & Trust company.  
Salt Lake City, Jan. 9, 1906.

### Delinquent Notice.

WEST QUINCY MINING COMPANY. Location and principal place of business, Salt Lake City, Utah. Notice—There are delinquent upon the following described stock, on account of assessment No. 10, ten cents per share, levied on the 22d day of November, 1905, the several amounts set opposite the names of the respective shareholders as follows:

No.	Name	Shares	Amount
10	W. R. Hutchinson	1,000	\$100.00
11	A. R. Weaver	1,000	100 00
12	James Horne	75	7 50
13	James Wood	125	12 50
14	James Wood	250	25 00
15	James Wood	250	25 00
16	James Wood	250	25 00
17	Henry Forrester	1,250	125 00
18	James Wood	250	25 00
19	James Wood	250	25 00
20	James Campbell	250	25 00
21	James Wood	250	25 00
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45	James Wood	250	25 00
46	James Wood	250	25 00
47	James Wood	250	25 00
48	James Wood	250	25 00
49	James Wood	250	25 00
50	James Wood	250	25 00

And in accordance with law and the order of the board of directors made on the 23d day of November, 1905, so many shares of each parcel of such stock as may be necessary will be sold at the office of the company, room 312, Auerbach building, being the office of Stephens & Smith, Salt Lake City, Utah, on the 6th day of January, 1906, at the hour of 12 o'clock noon, to pay delinquent assessment thereon, together with the costs of advertising and expense of sale.

(Signed) R. E. MILLER, Secretary.

Room 207, Dooly Bldg.

The sale of the above delinquent stock of the West Quincy Mining company is postponed by order of the board of directors of said company, until 11 o'clock a. m. on Saturday, the tenth day of February, 1906, to pay delinquent assessment thereon, together with the costs of advertising and expense of sale.

(Signed) R. E. MILLER, Secretary.

Dated, Jan. 29, 1906.

## WALKER BROTHERS

BANKERS.

(INCORPORATED)

Established 1859.

CAPITAL \$250,000 SURPLUS \$75,000

Absorbed the Salt Lake City Branch of Wells, Fargo &amp; Co.'s Bank.

Safety Deposit Boxes for Rent.

Travelers' Letters of Credit issued, available in all parts of the world.

We invite your account.

L. S. HILLS, President.

W. H. THATCHER, Vice President.

H. S. YOUNG, Cashier.

E. H. HILLS, Assistant Cashier.

U. S. DEPOSITORY.

Deseret National Bank

Salt Lake City, Utah.

CAPITAL \$500,000

SURPLUS \$250,000

Safety Deposit Boxes for Rent.

J. E. COSGRIFF, President.

H. P. CLARK, Cashier.

Open an Account With

Commercial

National Bank

An Exponent of Conservatism Combined with Enterprise.

A. H. PEABODY, Asst. Cashier.

THE

DESERET SAVINGS BANK

DIRECTORS:

W. W. Ritter, President.

Moses Thatcher, Vice President.

L. S. Hills, John R. Barnes, John C. Cutler, David Eccles, A. W. Carlson, George Romney, John R. Winder, Reed Smoot, E. C. Eldredge, W. F. James.

Four per cent interest paid on savings deposits.

McCormick &amp; Co

BANKERS.

SALT LAKE CITY, UTAH.

Established 1873.

THE STATE BANK

OF UTAH,

SALT LAKE CITY, UTAH.

(Established 1890.)

SOLICITS accounts of Banks, Firms and Individuals, and extends to customers every reasonable courtesy and facility.

Joseph F. Smith, President.

Wm. B. Preston, Vice President.

Charles S. Burton, Cashier.

Henry T. McEwan, Assistant Cashier.

ESTABLISHED 1889.

UTAH COMMERCIAL &amp; SAVINGS BANK.

CAPITAL \$200,000.

Wm. F. Armstrong, president.

Byron Groo, Cashier.

COMMERCIAL BANKING IN ALL ITS

Four Per Cent Interest on Savings Deposits. Accounts Solicited. Satisfactory Service Guaranteed.

NATIONAL BANK OF THE REPUBLIC

U. S. DEPOSITORY.

FRANK KNOX, President.

JAMES A. MURRAY, Vice President.

W. F. ADAMS, Cashier.

CAPITAL PAID IN \$200,000.

A thoroughly modern savings department conducted in connection with this bank.

Deposit boxes for rent.

Notice of Assessment.

JEFFERSON MONTANA COPPER

Mining company. Principal place of business, Salt Lake City, Utah. Location of mines, Jefferson county, Montana. Assessment No. 1.—Notice is hereby given that at a meeting of the board of directors of the above named company held on the 13th day of January, 1906, assessment No. 1 of six mills per share was levied upon all of the outstanding capital stock of the corporation, payable immediately to C. H. Post, secretary, at the office of the company, room 312, Auerbach building, being the office of Stephens &amp; Smith, Salt Lake City, Utah, on the 6th day of March, 1906, at 12 o'clock noon at the office of the company, as above described, to pay the delinquent assessment, together with costs of advertising and expense of sale.

(Signed) C. H. POST, Secretary.

If It Happens It's In The Herald